

VIRTUAL CENTER FOR ACTIVE ADULTS

SPIRIT WEEK!

28 JUNE - JULY 3 2021

Crazy Hair Day Monday! (6/28)

Comb your hair or don't! Senior Centers are closed Mondays through the summer but join online activities on the VCAA at bit.ly/VCAAFitandFAB

Tye-Dye Tuesday! (6/29)

Dress head to toe on Re-opening Day in your most colorful gear!

Don't have Tye-Dye?

Region 1: **BLUE** (Hollin Hall, Kingstowne, South County, Lorton)

Region 2: **GREEN** (Bailey's, James Lee, Lincolnia)

Region 3: **PURPLE** (Herndon, Lewinsville, Pimmit Hills, Providence)

Region 4: **RED** (Little River Glen, Sully, Wakefield)

Marvel Wednesday! (6/30)

Put on your cape on this superhero day and show how *marvelous* you can be!

Throwback Thursday! (7/1)

Flashback to a decade or era that fancies your imagination!

USA Day Friday! (7/2)

Parade in your patriotic Red, White and Blue attire!